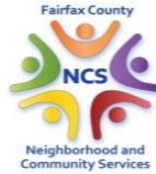


Providence Community Center

3001 Vaden Drive, Fairfax, VA 22031
Phone: 703-865-0520, TTY 711



Operating Hours: Monday - Saturday 9 a.m. to 10 p.m.
We will be closed on July 2 - 4.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

July 2016

Programs

Programs	When/Where	Time	Description
SACC Camp	Monday - Friday	7 a.m. - 6:15 p.m.	Camp for K-6th grade. Please call 703-449-8989, TTY 711 to register.
Senior Program	Monday - Friday	9 a.m. - 4 p.m.	Activities, socialization and community outings for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Please see senior staff for more information.
Teens After School Program	Monday - Friday	3 p.m. - 6 p.m.	Activities and programs for youth ages 12-18. Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun.
SPARC (off for the summer)	Monday, Wednesday, Friday	10 a.m. - 2 p.m.	Specially Adapted Recreation Club: Provides dynamic, enduring learning opportunities for adults with life-long disabilities in a natural community setting.
Open Art Studio	Wednesday Arts & Crafts room	10 a.m. - noon	Bring your own supplies. The open arts studio provides the perfect opportunity for communal self-critique of art pieces as well as general socializing among peers. 19+

Classes

Classes	When	Time	Description
Zumba Gold (for Senior Program)	Monday Gym	10 - 11 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Yoga	Monday Classroom 1	6:30 - 7:30 p.m.	Must Register and pay to attend. General Yoga for 19+ \$5.00 per session
Zumba	Tuesday Gym	11:30 a.m. - 12:30 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.

Yoga in Sensory room	Tuesday Sensory room	6:30 - 7:30 p.m.	Yoga in the sensory room. Limit of 8 participants per session. Must register and pay to participate. 19+ \$5.00 per session
Yoga (off site)	Wednesday Classroom 2	Noon - 1 p.m.	General Yoga for senior program. \$5.00 per session Senior Program
Line Dancing	Wednesday Gym	12:30 - 2:30 p.m.	Line dancing for adults 19+ \$5.00 per session
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session.
Yoga in Sensory room	Wednesday Sensory room	6:30 - 7:30 p.m.	Yoga in the sensory room. Limit of 8 participants per session. Must register and pay to participate. 19+ \$5.00 per session
Functional Fitness (for Senior Program)	Thursday Gym	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Zumba	Thursday Gym	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Zumba	Thursday Multipurpose Room 2	7:30 - 8:30 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Yoga (off site)	Friday Classroom 2	Noon - 1 p.m.	General Yoga for adults 19+. \$5.00 per session. This class is being held off site. Please refer to address given at time of sign up.
Chair Exercise (for Senior Program)	Friday Gym	10 - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Zumba	Saturday Gym	10 - 11 a.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.

| Current Session ends August 5 , 2016 | Must register for classes in order to participate. Next Registration is August 1.

Family and Youth Programs

Classes	When	Time	Description
Homework Help	Monday - Friday	3:30 - 5 p.m.	Staff will provide homework assistance as well as snack during this hour.
Warm-up Hour	Monday - Friday	3 - 4 p.m.	"How was your day?" journal, teens will work on a daily journal and end with and end the hour with board game time.
Teen Open Fitness	Mondays	5 - 6 p.m.	For ages 12-18yrs.old, participants will be instructed how to properly use the fitness equipment.
Teen Open Gym	Mondays	6:30 - 8 p.m.	Open gym for youth ages 12-18 to play basketball
Arts and Crafts	Tuesday	6 - 8 p.m	Ages 6-11yrs.old.
Youth Advisory Council, Leadership Program	Tuesday	6 - 7:30 p.m.	Youth leadership for participants 12-18 years old. Providence CC Youth Advisory Council.
"Rook n Roll" Chess Club	Wednesday	6:30 - 8:30 p.m.	Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.

Family Zumba	Wednesday	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session.
Gym: Open Gym for Teens	Thursday	3 - 5 p.m.	Participants 12-18 years old
Arts and Crafts	Thursday	6 - 8 p.m.	Ages 6-11yrs.old.
Teen Open Fitness	Thursday	5 - 6 p.m.	For ages 12-18yrs.old, participants will be instructed how to properly use the fitness equipment.
Teen Sensorium (Teen Program)	Thursday	7 - 8:30 p.m.	Come relax, listen to music, do your homework, or just enjoy all of the sensations the Sensory room has to offer. Attendance is based on first come first served. No more than 5 teens at a time.
Family Rec Open Gym	Friday	6:30 - 8 p.m.	Open Gym for families with children 12yrs. And under
Tot Time	Saturdays	9:30 - 10:45 a.m.	Ages 4 years of age and under. Open tot time is for families with children 4 years of age and under to interact with other toddlers and engage in physical activities in the gym.
Arts and Crafts	Saturday	11 - 1 p.m.	Ages 6-11yrs.old.
"Rook n Roll" Chess Club	Saturday	1 - 3 p.m.	Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.

Sensory Room

Event	When	Time	Description
Exercise Your Senses (Service Source)	1st Monday of each month	11 a.m. - noon	Adults and seniors attend the sensory room once a month for sensory exploration and relaxation. This program is in coordination and reserved for Service Source.
Keep Calm and Carry Yarn	Monday	11 a.m. - noon	Crocheting through generations. Come attend the intergenerational crochet group that takes place in the Sensory room. Relax and get inspired to learn various techniques with the experienced crocheters and those who are curious to learn.
Open Relaxation Station for Adults & Seniors	Tuesday & Thursday	12:30 - 1:30 p.m.	Come reduce your stress by enjoying music in a vibroacoustic beanbag, massage pad, or soundshell chair. Attendance is based on first come first served. No more than five people at a time.
Mommy & Me Sensory Discovery	Wednesday	9 a.m. - noon	This program is for mothers and their young children to explore sensory items and activities. Registration is required for 30 minute interval sessions.
Thursday Sensations	Thursday	9 - 10 a.m.	Program is designed for children 6 months -18 months of age. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Little Sensations 1	Friday	9 - 10 a.m.	Program is designed for children 6 months -18 months of age. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required. Materials are provided

Little Sensations 2	Friday	10:15 - 11:15 a.m.	Program is designed for children 19 months -36 months of age. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations	Saturday	9 - 10 a.m.	Program is designed for children 12 months -36 months of age. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Teen Sensorium (Teen Program)	Monday and Friday	Thursday 2 - 3 p.m.	Come participate in various trendy discussion topics, art projects, and music programs in a therapeutic environment.
Sensory Magic with SACC	Monday and Thursday	Monday 4 - 5 p.m. and Thursday 4:30 - 5:30 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.)

| Current Session ends June 25 , 2016 | Must register for classes in order to participate. Next Registration is June 27th.

Technology Center

Classes	When	Time	Description
SACC	Monday-Friday	3 - 6:15 p.m.	SACC Programming
Adults: Available for One on One Help	Monday	2 - 3 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts, e.t.c.
Adults: Beginners Excel	Tuesday	2 - 3 p.m.	Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. Basic projects are welcome for one on one help.
Adults: Available for One on One Help	Wednesday	2 - 3 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts.
Adults: Working with Smartphones and Tablets	Thursday	2 - 3 p.m.	Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images.
Teens: Fall Programming	Monday-Friday	3 - 4 p.m.	Computers available for teen program.
Adult: Open Lab	Monday - Friday	12:15 - 1:30 p.m.	Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions.
OPEN LAB for all Age Groups	Monday-Friday	5:30 - 8 p.m.	Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions.

Gymnasium

Recreation	When	Time	Description
Zumba Gold (for Senior Program)	Monday	10 - 11 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Teen Open Gym	Monday	6:30 - 8 p.m.	Open gym for youth ages 12-18 to play basketball
Badminton	Monday	8 - 10 p.m.	Open gym for adults ages 18+ to play badminton and practice skills

Pickleball	Tuesday	9-10:30 a.m.	Open play pickleball
Zumba	Tuesday	11:30 a.m. - 12:30 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
CoEd Soccer (ages 50+)	Tuesday	6:30 - 8 p.m.	Coed Soccer for adults ages 50+
Badminton	Wednesday	9 - 10:30 a.m.	Open play pickleball for beginners and intermediate levels for those that are members of the senior program.
Senior Men's Basketball	Wednesday	10:30 - 12:15 p.m.	Men's basketball for ages 50+.
Line Dancing	Wednesday	12:30 - 2:30 p.m.	Line dancing for adults 19+ \$5.00 per session
Family Zumba	Wednesday	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session.
Adult Coed Soccer	Wednesday	8 - 10 p.m.	Open gym for adults ages 18+ to play soccer and practice skills. NO TEENS.
Functional Fitness (for Senior Program)	Thursday	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Zumba	Thursday	11 a.m. - 12 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Women's Open Gym	Thursday	6:30 - 8 p.m.	Open Gym for Women ages 18+ to play basketball and practice skills.
Adult Basketball	Thursday	8 - 10 p.m.	Basketball play for adults 18+
Chair Exercise (for Senior Program)	Friday	10 - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Senior Men's Basketball	Friday	11 a.m. - 12:45 p.m.	Men's basketball for ages 50+.
Youth and Families Open Gym	Friday	6:30 - 8 p.m.	Open Gym Youth (12yrs and under) and families
Adult Volleyball	Friday	8 - 10 p.m.	Open Gym for adult 18 + to play volleyball and practice skills.
Zumba	Saturday	10 - 11 a.m.	Join Celia for a sweating good time! Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Teens and adults. \$5.00 per session.
Saturday Soccer Clinic	Saturday May 14th to July 9th	11:30 a.m. - 1:30 p.m.	Indoor training sessions provide players age 4-12 with individual attention giving them the opportunity to practice their skills, develop new skills, and learn the game strategy to
Teen Coed Futsal - Futsal Free Play	Saturday	1:45 - 3:45 p.m.	For ages 18+ to play futsal and practice skills. Open to men and women.
Badminton	Saturday	4 - 6 p.m.	Open gym for adults ages 18+ to play badminton and practice skills
Family Rec Open Gym	Saturday	6:30 - 8 p.m.	Open Gym for youth and families with children 12 and under
Teen Open Gym	Saturday	8 - 10 p.m.	Participants 12-18 years old

Community Meetings

Activity	When	Time	Description
Girl Scout Troop Meetings	Saturday Rm 112	10 - 1 p.m.	and Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. During troop meetings, girls will experience the traditions of Girl Scouting, such as songs, and arts & crafts as well as activities involving health, fitness, science, art, literacy, career exploration, and culture.
Toastmasters	2nd and 4th Wednesday 2nd and 4th Friday Rm 228	6:45 - 8:30 p.m.	Fairfax Toastmasters is the main local chapter of Toastmasters International, the most cost-effective, and funnest, way to learn and practice communication and leadership in Fairfax, Virginia